Title: Has the men´s health a problem due to the family´s care of dependent?

Introduction: The family care has been provided by the woman and we know that this care has a negative impact in the caregiver´s health. In the last few decades, we are seeing a crisis in the family care´s system. There are social, politic and economic changes which are increasing the possibility that the men take care of elder dependent people.

Objective: To determine and analyze the impact of the care provided by men caregivers of dependents at the family level in the province of Seville and the city of Cadiz with a gender perspective.

Methodology: Mixed methodology. Population: male family caregivers in the province of Seville and the city of Cadiz (Andalusia). Sample: 242 questionnaire, 29 interviews and 4 focus groups have been realized. The units of analysis have been: family care, gender, health and masculinity. We have used SPSS 24 for the quantitative analysis and QSR Nudist NVivo 10 for the qualitative analysis.

Outcome/Conclusions: the cares have a negative impact in the life´s project and in the dependent person´s health. This situation generates a burden which has repercussions in the relationships with the partner and family, and also, this burden has a negative repercussion in the caregiver´s leisure.

In the society, the male caregiver is more value than the female caregiver. The health professional think that when the men take care of a dependent person is a risk situation. So that, they have more help for the care. In the opposite, they don´t receive any care training.

The incorporation of men into care breaks gender mandates and promotes the creation of new and healthier models of masculinities.

Key word: Masculinity, male caregiver, family caregiver, health, gender.

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